



Food and Shelter Services

Abundant Living Family Church

Hours: Tuesday & Thursday, 4 p.m.-7 p.m.
Saturday 10 a.m.-1 p.m.
9269 Uctia Ave. #125
Rancho Cucamonga, CA 91730
(909) 987-7110

Citylink—Food Bank Only

Hours: Tuesday and Thursdays
2: p.m. to 6 p.m.
16779 spring St.
Fontana, CA
(909) 803-1059

Foothill Family Shelter

Hours: Tuesday-Friday, 9:00a.m.-5 p.m.
1501 W. 9th Street, Ste D
Upland, CA 91786
(909) 920-0453

St. Joseph's Church—Food Bank

His Hands Ministry (Upland only)
Hours: Monday-Thursday, 9 a.m.-11 a.m.
Saturday 7:00 a.m.—2 p.m.
937 N. Campus Ave.
Upland, CA 91786
(909) 981-8110

Salvation Army

Hours: Monday-Friday, 9 a.m.-10:30 a.m.
412 S. Euclid Ave., #408
Ontario, CA 91762
Food Bank—(909) 986-6748
Shelter—(909) 888-4880

GAP—Food Bank

8768 Helms Ave
Rancho Cucamonga, CA 91730
Thursdays only 4 p.m.—6 p.m.
(909) 945-1020

Dial 2-1-1 (or 888 435-7565) for free and confidential information and referrals 24 hours a day, 7 days a week. 2-1-1 is free to use and gives you information and referrals for health and social services. Dialing 2-1-1 is the quickest way to access non-emergency resources for you and your family, neighbors and employees.

AVAILABLE SERVICES

- Clothing
- Food
- Childcare
- Health Care
- Government Resources
- Transportation
- Local Libraries and Afterschool Programs
- Donation Information
- Volunteer Information
- And More

Upland Police Department

1499 W. 13th St.
Upland, CA 91786
(909) 946-7624
Brian Johnson, Chief of Police

Upland Development Services Dept.

Housing Division
460 N. Euclid Ave.
Upland, CA 91786
(909) 931-4130
Jeff Zwack, Director

CITY OF UPLAND
EMERGENCY FOOD, SHELTER &
SERVICES INFORMATION

EMERGENCY FOOD, SHELTER & SERVICES INFORMATION



TEL. 909-931-4300

Hospitals

San Antonio Community Hospital
999 E. San Bernardino Rd.
Upland, CA 91786
(909) 985-2811

Arrowhead Regional Medical Center
400 N. Pepper Ave.
Colton, CA 92324
(877) 873-2762

Montclair Hospital Medical Center
5000 San Bernardino St.
Montclair, CA 91763
(909) 625-5411

Behavioral Health

**San Bernardino County
Department of Behavioral Health**
237 E. Mill St.
San Bernardino, CA 92408
(909) 388-4133

**Arrowhead Regional Medical Center
Behavioral Health**
400 N. Pepper Ave.
Colton, CA 92324
(877) 873-2762

Sexual Assault Services

San Bernardino
(909) 885-8884

National Hotline
(800) 799-7233 or
(800) 787-3224 (TTY)

Detox Programs

Cedar House
Hours: Monday-Friday 8 a.m.-5 p.m.
18612 Santa Ana Ave.
Bloomington, CA 92316
(909) 421-7120

Detox Programs (continued)

Cedar House
Hours: Monday-Friday 8 a.m.-5 p.m.
18612 Santa Ana Ave.
Bloomington, CA 92316
(909) 421-7120

Inland Valley Recovery Services
Hours: Monday-Thursday 9 a.m.-8 p.m.,
Friday and Saturday 9 a.m.-4 p.m.
916 N. Mountain Ave., Ste. A
Upland, CA 91786
(909) 932-1069

Al-Anon
Hours: Monday-Friday 12 noon-4 p.m.,
Saturday 9 a.m.-1 p.m.
1012 E. Cooley Dr., Ste. J2
Colton, CA 92324
(909) 824-1516

San Bernardino County Veterans Affairs

Hours: Monday-Thursday 8:30 a.m.-4:30 p.m.
Friday 8:00 a.m.—4:00 p.m.
175 W. 5th Street, 2nd Floor
San Bernardino, CA 92415
(909) 387-5516

Veterans Affairs Clinic
Hours: Monday-Thursday 8 a.m.-5 p.m.,
Friday 8 a.m.-2:30 p.m.
8599 Haven Ave., Ste. 102
Rancho Cucamonga, CA 91730
(909) 946-5348

Discount and Thrift Store

Discovery Shop/Upland
Hours: Monday-Friday 10 a.m.-5 p.m.
1236 W. Foothill Blvd.
Upland, CA 91786
(909) 981-7466

Food and Shelter Services-(continued)

Central City Lutheran Mission
Open During Rainy Season Only
Hours: Monday-Friday, 8:30 a.m.-4:30 p.m.
1354 N. G St.
San Bernardino, CA 92405
(909) 381-6921

Para Los Niños—Family Services
Hours: Tuesday-Friday, 9 a.m.-1 p.m.
1205 N. Baker Ave
Ontario, CA 91764
(213) 413-1466

Inland Valley Hope Partners
Hours: Monday-Thursday, 8:00 a.m.-6 p.m.
1753 Park Avenue.
Ontario, CA 91762
(909) 622-3806

Abuse Prevention and Treatment

Project Sister
Sexual Assault Crisis & Prevention
P.O. Box 1369
Pomona, CA 91769
(626) 966-4155 or (626) 626-HELP (24 hours)

West End Counseling
Outpatient Mental Health Psychotherapy
855 N. Euclid Ave
Ontario, CA 91762, CA 917362
(909) 983-2020

House of Ruth
Assistance for Battered and Their Children
Monday—Friday 9 a.m.—5 p.m.
P.O. Box 459
Claremont, CA 91711
Hotline: (909) 868-8005 (24 hours)



City of Upland